



BERLIN SENIOR CENTER

Center Information

33 Colonial Drive,
Berlin, CT 06037
Phone # (860) 828-7006
Fax: (860) 828-7116
Email: tdoyle@berlinct.gov

Staff

Director Tina Doyle
Ass't Director... Sami Wnek, CTRS
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen Dinda,
Kathy Moss
Drivers Joe LaVallee
Tom Chesery, Tom Zigmont & Ed
Alicea

Hours

Monday..... 8:30am-4:00pm
Tuesday8:30am-4:00pm
Wednesday 8:30am-4:00pm
Thursday..... 8:30am-4:00pm
Friday 8:30am-4:00pm

Membership (Ages 60+)

Resident: No Cost
Non-Resident: \$48 Annually

CFA Commission Members:

Barbara Gombotz—Chairperson
JoAnn Stetson-Com. Secretary
Ann Gamelin
Roger Moss
Gerri Russell
Arlene Greco

BERLIN SENIOR CENTER LINES

March 2026

Greetings from the Director,

March brings the promise of spring and brighter days ahead! The first day of spring arrives on March 20th, and we're all ready to welcome the new season.

Tax Aide services will continue through **Thursday, April 9th**, so there's still time to schedule an appointment. Also, please join us for the **Commission for Aging meeting on Monday, March 16th at 5:00 PM.**

Don't forget — **Daylight Saving Time begins Sunday, March 8th.** Be sure to set your clocks **ahead one hour!**

Donations Welcome!

The Berlin Senior Center gratefully accepts both monetary and item donations. Monetary contributions are deposited into the Senior Center Agency Fund through the Town's Finance Department. If you have any questions, please contact Tina at 828-7006.

*May your pockets be heavy and your heart be light,
may good luck pursue you each morning and night.*

Irish Blessing

Happy St. Patty's Day and Happy Easter!

Tina



Transportation

Who Can Ride:

Berlin residents **60+** or individuals with a **disability (18+)**. Buses operate **Monday–Friday, 8:30–3PM**. Vehicles are **wheelchair accessible** and operate curb-to-curb. Riders needing assistance beyond the curb must bring a companion. Drivers may refuse service if safety is at risk.

Mobility Devices:

All devices must be securely fastened. Scooter users must transfer to a bus seat.

Non-curb exceptions may be approved by the Director.

RESERVATIONS & RIDER GUIDELINES:

- **1 ride per person per day** to/from one location
- **Call by 10 AM the day before** to reserve.
- **Return ride calls must be made by 3:00 PM.**
- **Medical rides require 2 business days' notice.** Have doctor's name, address & appointment time ready.
- **Reservation Hours:** 8:30 AM–3:00 PM. *No voicemail reservations accepted.*
- **Be ready 1 hour before pickup.**
- **Call early to cancel—don't wait until the driver arrives at your home**
- **All Rides are first come first serve but medical appointments take priority**

REGULAR TRANSPORTATION AVAILABLE FOR: Groceries • Pharmacies • Post Office • Town Buildings • Hair/Nail Salons • Local Specialty Shopping **WEEKLY BUS SCHEDULE**

MONDAY & WEDNESDAY

Stop & Shop – 9:00 AM & 11:00 AM

3rd Wed: Specialty Shopping – 12:30 PM

All other errands – 9:00 AM–2:00 PM

TUESDAY

ShopRite (Cromwell) – 9:00 AM & 12:00 PM

Other errands – 9:00 AM–2:00 PM

THURSDAY (Last Thursday of Month)

Kohl's – 1:30 PM

FRIDAY

Ocean State Job Lot – 10:00 AM

Walmart – 1:30 PM

Foodshare – 11:00 AM (alternates weeks)

Other errands – 9:00 AM–2:00 PM

For Return Rides call 860-250-0510. Last call for a ride home must be by 3 PM.

DIALYSIS & MEDICAL PROCEDURES ~We **DO NOT** provide transportation for **medical procedures/dialysis.**

GRANT-FUNDED VEHICLE ~The Town of Berlin was awarded a **Section 5310 grant** (CTDOT & FTA) to purchase a new wheelchair-accessible bus. The program is **80% federally funded** with a **20% local match**, ensuring continued transportation access for seniors and individuals with disabilities.

MOBILE FOODSHARE Fridays, **March 13 & 27 at 12:00 PM** Sacred Heart Church – 48 Cottage St., East Berlin. **Bus transportation available** – *No ID or paperwork required.*

Services

Footcare Program (By Appointment Only) ~ The Berlin Senior Center offers low cost foot care for seniors provided by specially trained registered nurse, Carol Raza, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$30.00.** Please **no diabetics.** Call the senior center at 860-828-7006 to schedule your appointment. **This month's program is scheduled for Wednesday, March 11th.**

Ladies' Free Manicures ~ Wednesday, March 11th from 9:30-12:30pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins.

Catholic Charities Counseling Services ~ Wednesdays at 10am. If you find yourself needing some extra support, or someone to talk to, then make an appointment at 860-757-0845 with Maria Albino Torres- Outreach and Support Worker with Catholic Charities. This is a free service.

Blood Pressure Screenings ~ The Berlin VNA will hold **FREE** Blood Pressure Screenings every Tuesday from 10:30-11:30 AM in the Health Room. No appointment necessary.

Energy Assistance Program ~ New Opportunities of Greater Meriden is taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with deliverable fuel, electric, natural gas, and heat included. Please call New Opportunities of Greater Meriden at 203-639-5060 ext 403 or 410 to set up your appointment.

Berlin Police Dept Senior Center Hours ~ Thursday, March 12th from 9-11am - Officer Maegen Musanti joins us once a month to meet and talk with folks. Stop in and say hello. No sign up necessary.

<div style="display: flex; align-items: center;"> <div style="margin-right: 20px;">  </div> <div> <p>LAW OFFICES OF ERICSON, SCALISE & MANGAN, PC</p> <p><i>Building Relationships Since 1945.</i></p> </div> </div> <div style="text-align: center; margin-top: 20px;">   </div> <p style="text-align: center; margin-top: 20px;">ESTATE PLANNING ELDER LAW PROBATE REAL ESTATE</p> <p style="text-align: center; margin-top: 10px;">860.229.0369 esmlaw.com</p>	<h2 style="margin: 0;">Support Our Advertisers!</h2>	<div style="text-align: center; margin-bottom: 20px;">  </div> <p>Stay Strong. Stay Steady.</p> <p>Just a few minutes a day can change everything. Let's build your strength, balance & confidence... <i>together.</i></p> <p>Helping adults 55+ at home or online.</p> <p style="text-align: center;">Call or Text (860) 992-6673 info@gentlestrengthstudio.com</p>
<div style="text-align: center; margin-bottom: 20px;">  </div> <p style="text-align: center;">PRESTIGE PERFORMING ARTS <i>voice • acting • piano • musical theatre</i></p>  <p style="text-align: center; margin-top: 10px;">Private Voice and Piano Lessons in Berlin, Meriden and Online</p> <p style="text-align: center; margin-top: 10px;">860-358-0152</p> <p style="text-align: center; font-size: small;">PRESTIGEPERFORMINGARTS.COM HANNAH@PRESTIGEPERFORMINGARTS.COM</p> <p style="text-align: center; font-size: small; margin-top: 10px;">Empowering All Artists</p>	<div style="display: flex; justify-content: space-between;">  <div> <p>EURO-AMERICANSM HOME CARE</p> <p style="font-size: x-small;">#HCA.0000218</p> </div> <div style="text-align: right;"> <p>(860) 829-0208 www.homecare4u.com</p> </div> </div>  <div style="text-align: center; margin-top: 20px;"> <h2 style="margin: 0;">Compassionate CARE</h2> <p style="margin: 0;">Where it Matters Most</p> </div> <p style="text-align: center; margin-top: 10px;">Family and locally owned since 1989!</p> <p style="text-align: center; margin-top: 10px;">Let's talk about the right care for your loved one</p> <p style="text-align: center; font-size: x-small;">(860) 829-0208 info@homecare4u.com www.homecare4u.com</p>	

Weekly Classes

Daily Coffee Hour Join us for informal “coffee hour” available Monday through Friday from 8:30 AM to 10:00 AM! Enjoy a fresh cup of coffee and/or tea as well as complimentary pastry. So drop by and chat with “old friends” and make new ones!

Intermediate Cardio Drumming ~ Mondays and Wednesdays from 10-10:45am

This exercise will get your whole body moving and will pump you up. The best part is that it requires no prior experience, and you can go at your own pace. Join us for some fun and see what it’s all about! Free.

Tai Ji Quan: For those that pre-registered. Meets on Mondays at 2pm and Wednesdays at 2:30 pm from January-June. This class is available thanks to a grant from Connecticut Community Care.

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY at 9:45 AM This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Join us. Choose to be active and to age well. Please bring hand weights. Please check with your doctor before participating in any exercise regimen. **Cost: \$4.00 per class.** Instructors are Vicki Griswold and Lorraine Jurgilewicz.

Yoga Class (Virtual and In-Person)

EVERY FRIDAY @ 9:30 AM –11:00AM

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat.

Diabetes Prevention Program: Fridays from 1-2:30pm in the Craft Room for those who pre-registered. (Class runs March 20th –June 12th. No class April 3rd.) **Sponsored by the Friends of the Berlin VNA in partnership with the Central CT Health District**

Drop Ins

SENIOR POKER DROP IN~ Every Monday at 10:00AM. Must have basic knowledge of poker.

RUMMIKUB ~Tuesdays at 10am ~ Drop in at 10am in the game room to enjoy this classic tile based game. Experience is helpful but not required.

Po Ke No DROP IN ~ Every Tuesday afternoon at 12:45PM.

CRAFTY KNITTERS ~ Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? Come join the group.

MAHJONGG ~ Every Wednesday morning at 10:00 AM. All levels of players are welcome.

CANASTA ~ Every Wednesday afternoon at 1:00 PM. All levels of players are welcome.

SWEDISH WEAVING ~ Every Thursday @ 9:30AM. This craft is also known as “huck” weaving. Create a unique blanket, pillow, table runner, etc. A list of supplies is available at the Center. Help is available.

BINGO—Every Thursday @ 1:30PM. Cost is \$1 for the first card and 50 cents for each additional card.

Special Bingo ~ A special refreshment will be served. Our regularly scheduled games will be played. No sign up is necessary.

Thursday, March 19th at 1:30 PM— sponsored by Ledgecrest Convalescent Home.
Thursday, March 26th at 1:30PM - sponsored by Artisan Building & Remodeling.

Wii BOWLING ~ every Friday at 12:45 PM to join us for some “interactive” bowling in our multi-purpose room. It’s fun and it’s easy exercise. Stop in and check it out. If you are interested in joining the Friday group and have any questions please contact Tina or Sami.

General Information

The Office of the Healthcare Advocate (OHA)

The OHA focuses on assisting consumers in making informed decisions when selecting a health plan; assisting consumers to resolve problems with their health insurance plans and tracking trends of issues/problems, which may require administrative or legislative intervention, or advocacy with industry, the public, or other stakeholders. **Toll-free number: 1-866-466-4446 Email: Healthcare.advocate@ct.gov**

CT State Parks and Forests Passport Parking fees are now eliminated at Connecticut State Parks for those with Connecticut registered vehicles. To make this possible, **an increase in registration fees was passed by the General Assembly.** It is \$5 per year, which means \$10 for the customary two-year registration renewal for all non-commercial motor vehicles. Seniors 65+ with a one-year registration renewal will have only an additional \$5 fee each year. For more info, visit: <https://portal.ct.gov/DEEP/State-Parks/Passport-to-the-Parks>

Consumer Law Project For Elders is a project of the CT Legal Services, a non-profit law firm. They help seniors resolve consumer problems. People, age 60 and older, (of any income level) can call them if they have a consumer problem. Their phone number is 1-800-296-1467, Monday through Friday from 9 AM to 9 PM.

Senior Transportation Services, Inc. (STS) The mission of STS is to assist residents of Berlin, Meriden, New Britain, Plainville, Southington and Wallingford, ages 50 and over, to live independently in their own homes. STS volunteer drivers use their own vehicles to provide curb to curb, safe, reliable and economical medical transportation to out of town appointments, pharmacy and care facilities to visit loved ones. This allows our clients to age in place without being homebound. Visit www.seniorrides.org or call 860-224-7117 to sign up. There is a 10 day notice to book all appointments not including weekends or holidays.

AARP Tax Aide ~ Runs through April 9th. Once again the volunteers from AARP Tax aide will be here on Thursdays with appointments available between 9am-2:30pm They are offering their services free of charge. You may sign up at the front desk or by calling 860- 828-7006. If you sign up by phone please note that you will need to have someone pick up your tax packet ahead of your appointment so that you will be sure to have all required paperwork with you at the time of your appointment.

Walk This May~is a four-town walking and movement challenge for those who live or work in the towns of Berlin, Newington, Rocky Hill, and Wethersfield. **Supported by the Central Connecticut Health District. When does it take place?**

Sign-Up: Begins April 1, 2026, sign-up with this link <https://cchd4town.walkertracker.com/login> or on CCHD's website <https://www.ccthd.org/walking-competition>. Step Tracking: May 1 – May 31, 2026



Senior Center Activities & Events

Please sign up for the following programs at the front desk or call 860-828-7006

St Patty's Day Show with Pierce Campbell: Tuesday, March 3rd at 1pm ~ Come celebrate the Luck-o-the-Irish with this fun filled Irish music show. If you've never seen Pierce perform, it is a lively, interactive show sure to get your toes tapping and it'll be sure to put a smile on your face and a song in your heart! Be sure to reserve your spot today! Space limited. Sign up is required.

Senior Book Club: Wednesday March 11th ~ The Book Club will meet March 11th at 1:30 in the library at Berlin Senior Center ~ This month's book is *The Lost Ticket* by Freya Sampson and is available to borrow at Berlin Peck Memorial Library (234 Kensington Rd)

Commission on Aging Meeting: Monday, March 16th at 5pm ~ The Commission for Aging meets 6 times a year at the Berlin Senior Center. They study the needs of seniors in town. They also analyze the services that are provided by the community, both public and private agencies, and make their recommendations to the Town Council. Berlin residents are invited to any of the meetings.

Oil Painting with Brianna Colbath: Tuesday, March 17th at 1pm ~ Each participant will complete an oil color painting under the instruction of West Hartford Artist Brianna Colbath who has over 20 years experience painting and teaching locally. Limit of 12 students per class. All supplies will be provided. Registration required.

Diabetes Prevention Program: Fridays from 1-2:30 in the Craft Room for those who pre-registered. (Class runs March 20th –June 12th. No class April 3rd.) Sponsored by the Friends of the Berlin VNA in partnership with the Central CT Health District. **If you pre-registered** for this class, the first day to a healthier you is March 20th at 1pm. See you there! **Please note that on March 27th class will be held in the Board Room at the Berlin Peck Memorial Library due to need for activity space.**

Coffee Hour with Town Manager, Ryan Curley ~ Friday, March 20th at 8:30am Join us for our regular coffee hour with special guest, Town Manager, Ryan Curley. Ryan will likely be arriving around 9am. Come have a casual conversation about what's going on in town or just socialize and get to know Ryan better. No need to sign up. Just stop in.

Fraud Prevention: Tuesday, March 24th at 1pm. Join Carol from Bank of America Who will provide us with updates for the latest scams to help prevent us from becoming victims of fraud. Please sign up ahead of time so we know how many people to expect.

Rita's African Show-Wednesday, March 25th at 1pm~ Rita Wagener who is a native of Uganda in East Africa will be taking you on an African journey through arts, crafts, fabrics and design of Africa. The program includes African dances and Rita Encourages audience participation. Rita will take you to where it all began including her experience living in Alaska where she had an adopted Eskimo mother. In simple, clear words Rita states that living in Fairbanks Alaska from the Pearl of Africa (Uganda) was like moving from an oven to a freezer. She got married in 1983 and she and her husband moved to Belize, Central America for 11 months, then back to Alaska and finally to Connecticut in 1995. Her program is full of good energy, music, and lots of laughs. Come be part of the good time!! Space limited. Sign up is required.

Senior Center Activities & Events Con't

Please sign up for the following programs at the front desk or call 860-828-7006

SPECIALTY SHOPPING TRIP *NEW TIME* Our Specialty Shopping Trip this month is to **Dollar Tree or Aldi in Meriden on Wednesday, March 25th**. We need a minimum of 3 riders for the trip to go. The bus driver will **start picking up at 12:30 PM**. The driver will decide as to how much time will be allowed. We will start taking reservations up to a week in advance. Please call the center at (860) 828-7006 **by 3:00 PM on Monday, March 23rd**. Please **do not** leave any reservations on the answering machine.

Kohl's Shopping Trip—Thursday, March 26th at 1:30pm ~ You can sign up starting one week ahead on Thursday, March 19^h at the front desk or by calling 860-828-7006. We need at least 3 shoppers for the trip to go.

Community Easter Dinner: Back by popular demand, join us for a Special Community Easter Dinner on **Saturday, March 28th from 12-2pm**. This free holiday meal is open to Berlin residents by invite and **Berlin Seniors with space available for the first 100 seniors who sign up**. Enjoy a delicious traditional ham dinner, generously sponsored by the Lion's Club, Social Services, and the Senior Center. Don't miss this wonderful opportunity to celebrate the season with good food and great company! Call or stop by the Center to reserve your spot.

Fall Prevention Strategies-Tuesday, March 31st at 1pm ~ Join Dr. Sotir Roba, Doctor of Physical Therapy from Roba Physical Therapy and Wellness, for an informative and engaging seminar focused on reducing fall risk and staying independent. Learn simple, practical strategies to improve balance, strength, and confidence in everyday movements. This seminar is designed to help seniors stay active, safe, and moving with confidence. Space limited. Sign up is required.

Tai Ji Quan Schedule Change: Please note that next month, on **Wednesday, April 1st and Wednesday April 22nd**, Tai Ji Quan will be moved to the multi purpose room at the Community Center (230 Kensington Rd) due to need for more activity space.

Sail Boston 2026 Bus Trip– We need 24 riders to **sign up by May 25th** for this awesome summer Day Trip to the Tall Ships **taking place on July 15th**. Celebrate America's 250th birthday as 38 military and international ships gather in Boston Harbor for "Sail Boston 2026". Start the day with free time at Quincy Market enjoying the local shops or visit the Tall Ships and meet their crew members. This afternoon we board the beautiful *Spirit of Boston*, where we can sit back and relax, as we have full historic and informative narration of the Tall Ships. The *Spirit of Boston* is a 4-level dining vessel that has been beautifully renovated as it celebrates 100 years on Boston Harbor in 2026. A full buffet lunch (included) will be served onboard as we get up close and personal to these majestic ships throughout the harbor. Lunch includes a choice of 3 salads, 4 mains, 3 complements, and a savory dessert station. Depart from Berlin Senior Center at 8am. Estimated return time is 7:30 pm. Cost is \$199 per person and is due at the time of sign up by check only. **Please make check out to "Tours of Distinction" and include the name of all attendees in the memo portion of the check.** All gratuities including driver and tour director are included.



ST. PATRICK'S DAY WORD SEARCH

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C W Q A Y E N R A L B S D P Y
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S G O V U C D H T L V G N T K
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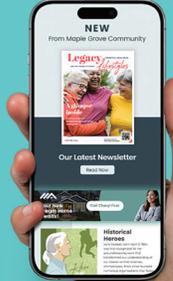
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Berlin Senior Center, Berlin, CT

06-5282

Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions Monday - Friday at Noon. A suggested donation of \$3.00 per person is requested. To order a meal please call 860-921-4320 or sign up in-person at the kiosk at least 3 business days before by 10 am. If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.

RW Solutions Senior Community Café



March Menu, 2026



1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti with Meat Sauce Broccoli Garlic Bread Lorna Doone Cookies	3 Fish Filet Mashed Potatoes California Blend Veggies Wheat Bread Pudding	4 Lemon Rosemary Chicken Brown Rice Meadow Blend Veggies Italian Bread Fruit Cup	5 Shepard's Pie Green Beans and Pimento Biscuit Banana	6 Escarole Soup Unsalted Crackers Tuna Fish with Celery and Onion Potato Salad Tomato Salad Sub Roll Oatmeal Bar
9 Meatballs with Orange Sauce Brown Rice Meadow Blend Veggies White Dinner Roll Pineapple	10 BBQ Chicken Macaroni and Cheese Carrots White Bread Fruited Yogurt	11 Hearty Vegetable Soup Unsalted Crackers Fish Filet Herbed Rice Tuscan Blend Veggies White Dinner Roll Mango Pineapple Mix	12 Ground Beef Stroganoff Mashed Potato Carrots Rye Bread Banana	13 Lasagna with Marinara Sauce Winter Blend Veggies Italian Bread Birthday Cake
16 Pork Chopette with Apple Gravy Buttered Egg Noodles Harvard Beets Multigrain Bread Applesauce	17 Grilled Chicken with Lemon Butter Sauce Diced Butternut Squash Mixed Vegetables Multigrain Bread Cookies	18 Grape Juice Corned Beef and Cabbage Boiled Potatoes Carrots Mustard Rye Bread St. Patrick's Dessert	19 Salisbury Steak with LS Mushroom Gravy Mashed Potatoes Broccoli White Bread Banana	20 Tomato Florentine Unsalted Crackers Fish Filet Buttered Orzo Peas and Carrots Rye Bread Peaches
23 Bruschetta Chicken White Rice Garlic Green Beans Italian Bread Tropical Fruit	24 Grape Juice Taco Mix Yellow Rice Black Bean, Corn and Mango Salad Flour Tortilla Peaches	25 Meatloaf Mashed Potatoes Mixed Veggies Dinner Roll Orange	26 Sweet and Sour Pork Sesame Noodles Broccoli Wheat Bread Banana	27 Orange Juice Three Bean Vegetarian Chili Brown Rice Spinach Combread Oreos
30 Ravioli with Marinara Zucchini Italian Bread Fresh Clementine	31 Meatballs with LS Gravy Herbed Noodle Geneva Blend Veggies Dinner Roll Pears			

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

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MARCH 2026

Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge 2:00 Tai Chi</p>	<p>3 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 St Patty's Music with Pierce Campbell</p>	<p>4 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Canasta 2:30 Tai Chi</p>	<p>5 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo</p> <p>Tax Aide by Appt</p>	<p>6 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>9 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge 2:00 Tai Chi</p>	<p>10 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>11 8:30am Coffee Hr- 9:30 Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1pm Sewing Club 1:30 Sr. Book Club 2:30 Tai Chi Footcare-by appt</p>	<p>12 8:30am Coffee Hr 9-11- BPD Visit 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo</p> <p>Tax Aide by Appt</p>	<p>13 8:30am Coffee Hr 9:30am Yoga 11pm Foodshare 12pm Lunch 12:45pm Wii Bowl</p>
<p>16 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge 2:00 Tai Chi 5pm COA Mtg</p>	<p>17 St Patrick's Day 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Oil Painting</p> 	<p>18 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 2:30 Tai Chi</p>	<p>19 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special Bingo sponsored by Ledgercrest</p> <p>Tax Aide by Appt</p>	<p>20 1st Day of Spring 8:30am Coffee Hr w/ Town Manager 9:30am Yoga 10am Ocean State 12pm Lunch 1:00 Diabetes Class 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>23 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge 2:00 Tai Chi</p>	<p>24 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Fraud prevention with Carol from Bank of America</p>	<p>25 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30- Specialty Shopping- Dollar Tree/Aldi in Meriden 1pm Rita's African Show 2:30 Tai Chi</p>	<p>26 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30 Kohl's 1:30 Special Bingo sponsored by Artisan Building & Remodeling</p> <p>Tax Aide by Appt</p>	<p>27 8:30am Coffee Hr 9:30am Yoga 11pm Foodshare 12pm Lunch 12:45pm Wii Bowl 1:00 Diabetes Class</p>
<p>30 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge 2:00 Tai Chi</p>	<p>31 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Fall Prevention Strategies w/ DR Roba</p>			